# Advanced Covid FAQ



nervous about reading this page. The early days of the pandemic were traumatic and exhausting for me. Now you're ng me that it's not over? That's scary, and I kind of want to stop reading.

akes a lot of sense that you feel nervous. We're really grateful that you're here reading -- you're doing a brave thing. While it's true that the pander over, we also have so much more knowledge and tools than we had in 2020. This page is meant to share that knowledge and those tools.

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gs have to get back to "normal," because I care about my life and want to keep living it. Without "normal," how can gs be okay?

friend! So many disabled people know your pain. Changes in abilities or health status are a hallmark of disability experience for many of us. We've ed by necessity to mourn as needed and then to furiously, relentlessly, creatively adapt.

we disabled people are here to tell you: It will be okay. It probably won't be quite the same, but things don't need to be the same to be okay. You t even find, as you adapt and live into this new reality, that you make unexpected discoveries, or find joyous surprises -- "not the same" might etimes mean "wow, actually better!" And even in the places where "not the same" does mean "more challenging," that doesn't have to mean that the core things that make life worth living -- you just might need to access them in different ways, with different creative workarounds that eventu me part of your new routine. And -- we'll be real -- there will be some true losses, but not *nearly* as many as you think, and you don't have to get k inside of them; you can mourn them and let them move through you, freeing you to move through our new world.

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ally need to socialize and be in community for my mental health. Are you saying I can't do that?

at all! Most high-risk people need socializing and community just as much as you do -- and we've been deprived of it during this pandemic (and ev re this pandemic) to an extent that is probably hard for you to even imagine. What we want is for you to join with us in the project of making soci nd community as accessible as possible to everyone, including us. The good news is that we have SO many tools that we can combine to help us er safely. It's not a question of not gathering, but of gathering in creative, adaptive, intentional ways.

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ar what you're saying about adapting. But making these changes is hard and stressful, and some things just aren't e like they used to be. Don't my needs matter too?

your needs absolutely matter. And, sometimes our needs can matter but we still need to recognize that the magnitude of our need is not the sam ie magnitude of someone else's need. There's a lot of conversation right now about people's need for things to be "normal" -- but we want to poir a couple of things about that conversation.

, as you will learn elsewhere on this page, we are still in a pandemic, and things simply are not the way they were pre-2020, as much as we might v rwise.

nd, relatively manageable adaptations now can actually protect YOU, yourself, from a much worse loss of "normalcy" -- in the form of post-covid th conditions, or an overburdened, toppling healthcare system that could put you at serious risk.

finally, Judaism places great value on the "klal," or community. Prioritizing a vision of pre-2020 "normal" effectively means semi-permanently uding high-risk people from public and communal life. The suffering of wearing an uncomfortable mask, while real, simply isn't the same as the ering of not being able to be present in community because it isn't safe for you without a mask requirement. Let's rise to the spiritual challenge of ment and prioritize community and safety for all.

## el skeptical and/or scared when you say that I can't rely on the advice of the government and the CDC. I grew up having c faith in government institutions, even if I don't like some politicians. Where else am I supposed to get my rmation? Why should I trust you more than the CDC?

is a genuinely hard and scary, perhaps worldview-threatening experience. We're grateful that you're here taking the time to read the information pectives that we are presenting on this website. One thing that may help you to feel less alone is to consider is that, while facing the unreliability ic health institutions might be new for you, it's actually a longstanding experience for many disabled people, queer people, and people of color.

CDC is, unfortunately, run by humans, and those humans have lots of weaknesses and ego challenges and blind spots and biases and political ves and places where they are stuck in outdated ways of thinking -- just like ALL humans do. And, observationally, the CDC has made some very tionable decisions during this pandemic, ones that have been widely criticized by medical associations as mainstream as the AMA. This doesn't m there's nothing at all we can trust; it just means that we have to do our own searching, seeking, and critical evaluation.

finitely has been hard to find reliable information during this pandemic. That's one reason we created this website -- and we commit to providing reliable information based on trustworthy, cited sources as much as we possibly can. Another very helpful resource that you might want to check e People's CDC, an independent project aimed at providing a public health perspective based in principles of equity, care, and social responsibility

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## st of my friends, and most other institutions, are acting like the pandemic is pretty much over. It's hard and scary to go nst the grain of what everyone else is doing.

bsolutely hard when you have to go against the grain like this -- most humans are naturally wired to look to those around them for social signals ation. The challenge of going against the grain is especially great if your life hasn't put you in a position like this before. Disabled people and quee ple are two groups who might have wisdom to share to help you feel less alone. On that note, feeling less alone really does help -- is there anyone v who might be on the same page as you, to whom you could reach out to talk about covid equity and this website?

e this is hard, it's also an opportunity. Think of all the harm that's been done in human history by people who weren't "bad people," but who -- like t people -- just went along with the flow of what everyone around them did and believed. (The bystander effect is real!) Now -- right now! -- YOU ha ance to take a different path, to refuse to be that bystander. This moment is presenting us all with an immense opportunity for moral courage. It's , but the hardest things in life can be the most worthwhile.

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## ve young kids who need to go to school. They're too young to mask, and/or I can't always be there to make sure they sk. It's scary to think about risks to them that I can't fully control.

is so hard. Thank you for your bravery in continuing to read this page.

first thing we want to remind you of is that this is NOT your fault. Your kids are being failed by our society as a whole -- not by you. You've been do best to protect them with the information and tools that you have. We're here to help by giving you more information and more tools.

thing that may help to remember is that even though there are scary things you can't fully control, you do still have agency, and knowledge is pow rticular, you should know that covid is not an all-or-nothing deal -- it makes a big difference if you can help your kids get reinfected fewer times, e u can't keep them from getting infected at all. You might want to take a look at the range of kids' N95s listed on the Project N95 website, or ask yo friends to take a quick, cheap rapid test before a playdate, or build an affordable Corsi-Rosenthal box air filter for your child's classroom. If you ca the energy, you might band together with others to advocate for covid protections in your child's school or at your shul.

re doing so much. You've got this. We're glad you're here, reading and learning.

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info@covidresilience.org

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